



The Kindly Word

If you have a word of cheer
That may light the pathway drear
Of a brother pilgrim here,
Let him know.

Show him you appreciate
What he does, and do not wait
Till the heavy, hand of fate
Lays him low.

If your heart contains a thought
That would brighter make his lot,
Then, I beg you, hide it not;
Tell him so.

Life is hard enough at best,
But the love that is expressed
Makes it seem a pathway blest
To our feet.

And the troubles that we share
Seem the easier to bear.
Smile upon your neighbor's care
As you greet.

Rough and stony are the ways,
Dark and dreary are our days,
But another's love and praise
Makes them sweet.

Wait not till your friend is dead
Ere your compliments are said,
For the spirit that has fled,
If it knows,

Does not need to speed it on
Our poor praise; where it has gone
Love's eternal, golden dawn
Is aglow.

But into our brother here
That poor praise is very dear.
If you've any word of cheer,
Tell him so.

—Selected.

For the Garden

Although it is still the "dead of winter," with a prospect of several months between us and the spring blossoms, it is full time that our seed and plant orders are made out. The catalogues may now be had for the asking, and should be asked for. Many seeds of our most desirable flowers and vegetables must be planted in the house in January and February, in order to have them ready to transplant when the outdoor season arrives. These must be ordered now. To get the best service of your seedsmen, order as early as possible, and send in your lists in January or February. Their stock is then full, and the rush of later months is not yet come; then, having a full supply to choose from, and time to give the orders personal, or at least expert attention, the seedsmen are inclined to be more liberal, and the best of everything goes into the early orders. Later, the stock becomes reduced, and often incompetent help must be employed, and it stands to reason that one is not so well served. If the lists are sent in now, the seedsmen will only send such as can be safely entrusted to the mails or express companies, keeping back the tender plants and tubers or bulbs until danger of frost is over. It is best to send your lists now.

If you use wood for fuel, do not throw your ashes away, but scatter them over the garden grounds. Wood

AN OLD AND WELL-TRIED REMEDY

MRS. WINSLOW'S SOOTHING SYRUP for children's teething should always be used for children while teething. It softens the gums, allays all pain, cures wind colic and is the best remedy for diarrhoea. Merely fifty cents a bottle.

ashes is a good fertilizer, and should be spread unleached. If kept, the ashes should be put under shelter from rains.

"Damping Off"

One of the troubles of raising plants in window boxes is that they are apt to rot off at the ground and fall over. This is called "damping off," and is caused by a web-like fungus which grows on the surface of the soil, envelops the little stems and causes them to rot. To avoid this, sprinkle dust of sulphur or bituminous coal over the soil after sowing the seeds; give the little plants plenty of air and light, but do not set them in a cold draught. The direct rays of the sun, when not too hot, are always beneficial to seedling plants, as also frequent stirring of the soil. Do not let the plants stand too thick, as this excludes light and air from the roots; do not water too often, but do not let the soil dry out. When the fungus shows itself (in the rotting of the plants and otherwise,) it can be arrested by running a knife blade between the rows, thus taking up the web which adheres to the blade, when it may be destroyed.—Park's Floral Magazine.

The Kitchen Garden

It is not the wise householder who says a kitchen garden does not pay, or who leaves the work of making and attending to it to the woman of the family, but it unfortunately happens that, in many instances, if there is a garden at all, it is through the efforts of the women. Many women delight in doing the light work in the garden, and oftentimes the thoughtlessness (to say nothing of the selfishness) of the men allows them to do the heavier work as well. But to get the best from the family garden, there must be plowing, heavy digging, spreading of manure, etc., which no woman should attempt—though many of them do. It is simply astonishing how, notwithstanding their numerous household cares, to say nothing of the thousand and one things which demand attention outside of the housewifely duties, these usually delicate women find time to raise abundance of vegetables and thereby add very materially to the resources and economies of the home. If one has plenty of fresh vegetables always at hand, many of them take the place of expensive (and often not-to-be-had) meats, enables the cook to use up many scraps and add much to the health and happiness of her family.

An hour or two in the morning or evening, devoted by the gude mon to the heavy work of the garden enables the women of the family to go ahead with the lighter work, and results in a supply of eatables such as money cannot buy, and the value of which to the family it is hard to estimate. Do not fail to have a kitchen garden, and right now is the time to plan for it.

Training in the Household Arts

"Downer college is the only woman's institution of high learning in the country that has a home economic department," said Miss Mays of Milwaukee, the head of the department. In the secondary schools they call it domestic science, and then farther along, the girl comes into a course which is called home economics. The wives of the future will not only know how to cook and wash dishes,

learned in the secondary schools, but they will know how to spend money to the best advantage, to select only pure food, to keep the plumbing in order or know how it ought to be kept in order, and a thousand and one things that girls of the last generation did not know. The old jokes about the heavy biscuits and the "pie that mother made" will be incomprehensible in the next generation, for the housewife of the future will know more than all her grandmothers put together, and in her household, scientifically maneuvered, there will be none of the jars of modern life.

But it seems just a little bit odd that there should be only one woman's institution of high learning that has taken up the idea of teaching home economics, which should appeal to them so directly. The women's clubs of the country are making a study of the subject, and possibly it is thought that girls in college will be less able to cope with it before they have homes of their own. If, however, domestic science has a place in the lower schools, home economics just as certainly should follow in the higher schools. The subject has been very much discussed and the result of the experiment at Downer college will be of much interest.—St. Louis Globe-Democrat.

Experimenting in Cookery

To make a success of experimenting in the kitchen, the one who cooks must like to eat; must take an absorbing interest in getting up her new inventions, and have a "knack" of making suitable combinations. Too many women who hold the place of cook care very little for the pleasures of the palate in consequence either of a lack of the faculty of alimentiveness, or of a depraved condition of the stomach, while others can, under no circumstances, be other than imitators. Others still, while delighting to experiment in cookery, are handicapped either by other and equally pressing duties, or by lack of materials, while yet others have a constitutional aversion to anything that belongs to the preparation of foods, their interests and tastes lying altogether outside of housekeeping. Yet, among these various classes, there are many very excellent cooks and housekeepers, because of their conscientiously trying to do the very best they can. A woman who must be all things to all her family, who must, of necessity, be a "jack of all trades," must be a woman of more than ordinary ability in order to excel in any one thing. The proverbial "lick and a promise" must be given to a great many things her hands touch, and nearly everything she lays hands to must bear the marks of her hurried life. These classes can hardly be the experimenters; they must be content to follow tested recipes, and confine their inventions to the few discoveries of suitable combinations their limited abilities may allow them to make.

Where curtains are to hang straight, and the windows are wide the following will be found to be a pretty style to give additional width at the bottom without having the top too full. If the goods is in alternate stripes of thick and thin, as in scrim and lace, insert a box plait about a foot from the bottom up in each of the heavier stripes; it must be the inverted plait, and the bottom is to be finished just as the rest of the

curtain, with a ruffling, hem, or edging. The curtain may hang quite plain from the small rod at the top, but this plait will give it a very graceful fullness at the bottom.

Remedy for Obesity

Mrs. K. R. sends us the following in answer to a call for something of the kind: She had directions from a physician to eat but one meal a day—dinner. She followed this advice strictly, being careful not to over eat, and in a year's time was reduced about forty pounds in weight. She ate whatever she wished at noon, taking a cup of coffee at breakfast, a bowl of hot water-tea at suppertime, if she chose to do so. She used, and still uses the massage treatment, which she learned from treatment by a competent masseuse, taking the treatment of mornings.

Another friend who says she "puts on," fat no matter whether she eats or not, finds her best treatment to be deep breathing for five or ten minutes, early in the morning, with all the out-door walking she has time to indulge in. Housework is a fine exercise, but there are as many women who put on flesh while doing such work as there are who do not. Obesity is largely a matter of temperament. It is also a symptom of some diseases. What will reduce flesh in one person will be of no account for another. Many very fleshy persons are very small eaters. One general complaint is that, while the body and limbs fill out unpleasantly, the face remains thin and the cheeks and neck become wrinkled and flabby. In some cases, the warm baths, followed by scientific massage, with gentle exercise, and care to eat only non-fat-producing foods will work wonders. As I frequently have queries on this subject, I will be glad to have our friends give me any methods which they know to be effective.

What May We Tell Them?

Mrs. Hensley, secretary of the New York State Assembly of Mothers, gives out the following in an interview for a city daily newspaper: Children have a right to the truth; it is both dangerous and criminal to refuse it to them. Neither boys nor girls can be kept in ignorance of the vital question of being, although there are still parents who plead that the innocence of boyhood and girlhood should not be disturbed by any knowledge of vital realities of existence; but a mother has no voice in the matter as to whether or not they shall be kept in ignorance. If they are not told in a wise and beneficent way, they will be told in an evil way. If there is any doubt of the duty in this matter, and if one wishes to know how prevalent is the knowledge of some things they would have kept from their children, one has but to investigate conditions at any public school. Our insane asylums and reformatories are monumental proofs of this fact. Physicians and sociologists will bear out the statement that many of the inmates of those institutions would not be there had they been trained in childhood to a right conception of their own physical functions. Are we ashamed of the marriage relation? Do we venture to question the divine wisdom of the Creator who ordained our bodily functions? If not, let us abandon this attitude of shame-faced mystery about a subject which is of the most vital importance to the welfare of our young people. Some day I believe civilization will demand a school of life, or a

BETTER THAN SPANKING

Spanking does not cure children of bad wotting. If it did there would be few children that would do it. There is a constitutional cause for this. Mrs. M. Summers, Box 118, Notre Dame, Ind., will send her home treatment to any mother. She asks no money. Write her today if your children trouble you in this way. Don't blame the child. The chances are it can't help it.